

**DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY ALASKA
FORT RICHARDSON, ALASKA 99505-5000**

FRA Weekly Bulletin No. 40

5 October 2001

Section I. Official

Effective for 30 days unless sooner rescinded or superseded.

COMMAND OPERATIONS CENTER 384-6666/2307/2309	STAFF DUTY OFFICER 384-2000	FIRE, MILITARY POLICE, AND EMERGENCY AMBULANCE SERVICE 911 (24 HOURS A DAY)
	CHAPLAIN (AFTER DUTY) 384-6666	
	RED CROSS (EMERGENCY) 1-877-272-7337	

1. UNITED STATES ARMY ALASKA (USARAK) STAFF DUTY OFFICER (SDO). The following officers are appointed as USARAK SDOs for the dates shown below. All officers will be prepared to perform duty 1 day before their scheduled detail (weekday or weekend) in case of emergency. **THIS DUTY TAKES PRECEDENCE OVER ALL OTHER DUTIES, EXCEPT IN THE CASE OF A BONA FIDE EMERGENCY.**

** 5 Oct	1LT Helm	1-501st PIR	19 Oct	1LT Lampier	STB
** 6 Oct	2LT Temple	21st Sig Co	**20 Oct	1LT Mills	STB
** 7 Oct	2LT Luher	267th FB	**21 Oct	1LT White	4/11th FA
** 8 Oct	CPT Duval	STB	22 Oct	1LT Topf	1-501st PIR
9 Oct	1LT Palmer	USAG	23 Oct	1LT Foltz	1-501st PIR
10 Oct	1LT Thompson	172d SB	24 Oct	1LT Diaz	4/11th FA
11 Oct	CPT Galli	USAG	25 Oct	2LT Meirs	164th MP Co
12 Oct	CW2 Mitchell	STB	26 Oct	CW2 Orial	21st Sig Co
**13 Oct	CPT Mitchell	USAG	**27 Oct	2LT Marsh	1-501st PIR
**14 Oct	CPT Galli	USAG	**28 Oct	2LT Roberts	1-501st PIR
15 Oct	1LT Mills	STB	29 Oct	1LT Barney	21st Sig Co
16 Oct	1LT Curry	STB	30 Oct	1LT Kayanan	172d SB
17 Oct	1LT Sorum	STB	31 Oct	CW2 Toussaint	172d SB
18 Oct	1LT Ottman	STB			

**Denotes weekend or holiday duty.

##Denotes changes from previous bulletin.

For weekday duty, the SDO reports to the Post Sergeant Major's Office, in Bldg 1, at 1600, on the day of duty to receive their brief. **Staff Duty Runners (SDRs)** will report at 1445 on the day of duty to receive the weekday briefing; duty begins at 1500. On Military Payday Activities, SDOs/SDRs will report to duty at 1200. On Fri, both the SDO and SDR report at 1500 due to Arctic/Family Time. **Weekend/ holiday SDOs/SDRs will report to the Post Sergeant Major's Office, at 1500, on the last workday before their duty day to receive the weekend brief.** Weekend/holiday duty begins at 0900.

Note: Coordinate any exceptions to attendance with SFC Diselrod before the assigned duty day. The place of duty is the Staff Duty Office in Bldg 1. *2LT Burns is in charge of the DA Form 6. Those with any questions regarding duty should call him or his office.* POC: 2LT Burns, 384-6377; Fax, 384-0692; or E-Mail, *Burns Samuel 2LT USAG(n).* (APVR-RSP)

2. CALIBRATION MONITORS. The Army Oil Analysis Laboratory (AOAP), in Bldg 976, is now responsible for calibration (TMDE) equipment. Turn in and pick up of equipment due calibration is now conducted at the AOAP laboratory. Units are required to pick up their new Calibration Master-ID-Listing during the first week of each month. The Master-ID-Listing is a management tool that shows equipment due calibration by serial number and due date. Henceforth, units will only be notified when their equipment is ready for pick up upon completion of calibration. Elmendorf AFB PMEL's policy is now to delete any equipment over 30 day's delinquent for calibration. Any equipment deleted because of

exceeding the 30-days delinquency policy period will require a letter from the unit commander explaining the circumstances for the delinquency and further requesting the enrollment of that equipment back into the calibration program. POC: Tom Ramondetta, AOAP Laboratory, 384-2409 or Fax, 384-2411 (APVR-RDL-M).

3. FY02 COPIER MAINTENANCE CONTRACT RE-NEWAL. Customers wanting to add new copiers onto the USARAK maintenance contract for FY02 must notify the 59th Signal Battalion HELPDESK at 384-0117 upon installation of any nontactical copiers. The customer must provide the make, model, serial

ENERGY CONSERVATION HINT. If the faucet drips, have it replaced.

number, bldg and room, and a POC telephone number. If the customer fails to notify the HELPDESK, the copier will not be added to the maintenance contract. Upon expiration of the warranty, repair costs are the customer's responsibility. Cost to the customer after warranty expiration can be a minimum of \$500.00. Vendors require this "up-to-standards" charge because they have not been maintaining the machine. POC: HELPDESK, 384-0117. (APVR-RIM-IM)

4. ARMY CAREER AND ALUMNI PROGRAM CENTER. Our office is in Bldg 602, Rm 142. Please stop by or call for an appointment. POC: Army Career and Alumni Program Center, 384-3501 or Fax, 384-3504. (APVR-RAG-ACAP)

→ **Preseparation Counseling Checklist**—Public Law requires that DD Form 2648 (Preseparation Counseling Checklist) be completed for all separating and retiring active-duty personnel no less than 90 days before separation. The mandatory checklist has been automated under ACAP XXI, permitting same-day, walk-in completion. Please contact Al Griswold, ACAP Counselor, at 384-3501.

→ **Preseparation Orientation**—Held the **second Mon** of each month. Information will be briefed by subject-matter experts on finance, transportation, education, medical benefits, reserve options, housing, relocation, state employment/unemployment issues, and the 203d Personnel Services Battalion. Please call 384-3501 to confirm attendance.

→ **Veterans' Representative**—Tom Hertzog, an Alaska Employment Office Veterans' representative, maintains an office Bldg 602, Rm 139 and is available for individual counseling appointments. Please call 384-7650 to schedule appointments or to inquire about benefits.

→ **Retirement Services**—Soldiers planning retirement should contact Gail Scarborough, Retirement Services Officer, at 384-3500, to schedule a Preretirement Workshop and Survivor Benefit Plan Briefing.

→ **Upcoming classes and workshops—**

Preseparation Orientation—From 1330 to 1630 on **5 Nov**.

Resumix and Application Preparation—From 1300 to 1500 on **7 Nov**.

Department of Labor TAP—From 0900 to 1600 on **9 Oct**.

Department of Labor TAP—From 0900 to 1600 on **10 Oct**.

Veterans' Administration Representative—From 1000 to 1130 on **12 Oct**.

5. TELEPHONE DIRECTORIES AVAILABLE. Editions of the *2001 Army in Alaska*, the *2001/2002 Alaska Communications Systems* white and yellow pages, and the *2000 Anchorage-Mat-Su Valley* and the *2000 Area Military Telephone* (Air Force, ALCOM, Coast Guard listings along with the three Army posts) telephone directories. Pick them up from the 59th Signal Battalion Headquarters, in Bldg 652, from 0730 to 1800. POC: Maureen Hamel, 384-0160. (APVR-RIM-AOS)

6. SPORTS FIRE RANGE WINTER SCHEDULE. The Sports Fire Range will remain open during the winter months. Due to decreasing daylight hours if there is no conflict with scheduled military training, the operating hours will be Mon through Sun, from 1000 or sunrise, whichever is later until 1700 or sunset, whichever is earlier. POC: Mr Fleshman or Mr Wright, Range Control, 384-6230. (APVR-RPTM-TR)

7. COPIER METER READING CALL INS AND INITIAL COPIER SETUPS. All copier meter readings are due to be called in by the close of business on the fifth working day of every month. Please call 384-0117 and give the serial number and the ending meter reading. When your unit receives a new copier, please call the Help Desk to arrange for initial setup. **DO NOT REMOVE THE COPIER FROM THE BOX.** It is your responsibility to have TONER, DEVELOPER, and OIL on hand before the setup. To assist machine users, please post the following information on or near the copy machine: make, model, serial, bldg and rm numbers, and a point of contact. For maintenance, call the HELPDESK. *Toner and oils are to be installed by the machine custodian only.* POC: HELPDESK, 384-0117. (APVR-RIM-IC)

8. RECALL ROSTER QUARTERLY SUBMISSION. All major subordinate commands, staff agencies, and partner units are reminded to submit recall rosters to the USARAK Command Operations Center quarterly. Recall rosters must list the chain of command/after-duty points of contact, with home and work telephone numbers. These rosters are necessary to facilitate the smooth flow of information within the USARAK command. Please send recall rosters by fax to 384-2336 or e-mail them to *USARAK DCSOPS CH COC* as in the global address list. POC: Dennis Dunn, 384-6666. (APVR-RPTM-PO)

9. WEEKLY BULLETIN SUBMISSION REQUIREMENTS. The submission deadline for all FRA weekly bulletin items is the close of business on the Fri before desired publication (7 days ahead). Word your submissions as you wish them to appear in print, including a POC, telephone number, and office symbol. The division chief, commander, or adjutant, as appropriate, should sign official items. Official

items normally run as requested; unofficial items are published on a space-available basis. All items are subject to editing. Items that apply NOR are forwarded for publication in the FWA weekly bulletin upon request. Submission options include mail and distribution, hand-carry, e-mail (Phillips Jeanne 59 SIG ASD(n)), or fax (384-0084). Please call for more information. POC: Jeanne Phillips, 384-7733. (APVR-RIM-ASD-WB)

10. FINANCE OFFICE OUTPROCESSING. Are you making a permanent change of station or do you have separation orders? Soldiers are reminded that upon receipt of permanent change of station or separation orders, they must schedule an appointment to outprocess finance. Soldiers should report to the Finance Office (Bldg 602, Rm 132) with 10 copies of their orders and all amendments. Departure may be delayed for those not scheduling an outprocessing appointment. POC: SGT Thomas, 384-7407. (APVR-RRM-F)

11. RADIATION SAFETY—FOLLOW THE RULES AND REDUCE THE RISKS. Should you suspect that a radioactive device (M1A1 Collimator-Tritium Fire Control Device or M43A1 Chemical Agent Detector) is broken, follow these simple rules: 1) don rubber gloves; 2) place the device in a double plastic bag and seal the bag; 3) secure the device (lock it away so others cannot gain access to it); 4) immediately call your radiation protection officer; and 5) make a written record of what, when, and where it happened and who was involved. Please call the radiation protection officer at 384-2382/83 if you have questions concerning radiation safety. POC: Larry Petersen, 384-2382. (APVR-RDZ)

12. TELECOMMUNICATIONS SECURITY MONITORING. Attention all users of official DOD telecommunications systems. Do not process, store, or transmit classified information on nonsecure telecommunications systems. Official DOD communications systems (including telephones, facsimile machines, computer networks, and modems) are subject to monitoring for telecommunications security purposes at all times. Use of official DOD communications systems constitutes consent to security monitoring. Please call for more information. POC: Rose Mary Taylor, 384-0055. (APVR-RIM-I)

Section II. Unofficial

13. NONAPPROPRIATED FUND JOB VACANCY ANNOUNCEMENTS. Please apply for the positions listed below at the Nonappropriated Fund Personnel Office (Bldg 602, first floor, east end), Mon through Fri, from 0730 until 1600. Nonappropriated Fund is an Equal Opportunity Employer. POC: Donna Owen, 384-1379. (APVR-RCP-NF)

CHILD AND YOUTH PROGRAM ASSISTANT. CC-1702-02/03/04, \$7.67 to \$13.67 per hour plus 25 percent COLA (salary depends on level selected), flexible, open continuous, Child Development Services.

TEACHER (Homework Center). NF-1710-03, \$27,194.00 per annum plus 25 percent COLA (salary based on 40 hours per week), regular part time (no less than 20 hours per week), open until filled, School Age Services.

CUSTODIAL WORKER. NA-3566-02, \$8.53 per hour, flexible, open until filled, USARAK Lodging.

14. JOINT REGIONAL ENVIRONMENTAL TRAINING CENTER (JRETC). The JRETC trains the workforce of leading-edge organizations! The types of courses available are listed below. **Organizations realize a minimum of 4:1 savings in travel dollars by training locally at JRETC.** POC: JRETC, 428-2242. (APVR-RPW)

- Environmental
- Computer Classes
- Management
- Procurement
- PROSPECT courses
- Financial
- Professional
- Personnel
- Technical
- Army Formal Schools

A well-trained staff results in satisfied employees with renewed enthusiasm who save time and generate organizational solutions!

• **Your training needs.** If you do not find the training you need or want on our website schedule, www.jretc.org/schedule.htm, notify us and we will make every effort to secure the training you desire.

• **A great conference facility.** Rent room(s) at JRETC for your next conference—we include the latest audiovisual technology at no extra charge.

• **Payment.** JRETC accepts all major credit cards, IMPAC card, and checks.


15. FIRE PREVENTION WEEK OPEN HOUSE. FRA Fire and Emergency Services invites residents and employees to attend the 2001 Fire Prevention Week Open House, where visitors can learn about this year's Fire Prevention Week theme, "Cover the Bases and Strike Out Fire," and simple steps they can take to strike out the risk of home fires. In addition, there will be games, food, drinks, door prizes, station tours, and the poster contest award ceremony. Come to Fire Station #1, Bldg 654, on **12 Oct**, from 1000 until 1400. POC: Matt Mackay, 384-3132. (APVR-RPW-FP)

16. "STRIKE OUT" HOME FIRES DURING FIRE PREVENTION WEEK. How do you make learning about home, fire safety fun for kids of all ages? Add

a little baseball! The FRA Fire and Emergency Services has teamed up with the nonprofit NFPA (National Fire Protection Association) to "Cover the Bases and Strike Out Fire" during Fire Prevention Week, **7 to 13 Oct.** NFPA's new, public-safety campaign brings baseball and fire safety together to teach children and their families simple steps they can take to strike out the risk of home fires. Cooking, heating, and electrical fires are among the nation's leading causes of home fires, accounting for an annual average of nearly 50 percent of home fires and almost one-third of associated fire deaths. This year's Fire Prevention Week campaign teaches children and their families about these common fire hazards, and how to "strike them out" in their own homes. Parents and kids are encouraged to complete a home, fire-safety inspection together, putting the campaign's messages into practice. Home, fire-safety checklists, which can help families conduct a thorough inspection, are available at the FRA Fire and Emergency Services and on the official Fire Prevention Week web site at www.firepreventionweek.org. FRA Fire and Emergency Services plans to increase public awareness of the "Cover the Bases and Strike Out Fire" safety messages through an open house, safety displays, school visits, and presentations. "People think they're safer from fire than they really are, particularly at home. As a result, they often lack basic information about how to prevent them," says Matt Mackay, Fire Prevention Inspector. "By learning where home fire dangers exist and taking some simple precautions, FRA residents can greatly reduce their risk." NFPA has been Fire Prevention Week's official sponsor since 1922. Over the last 3-year period, NFPA documented 74 lives saved as a direct result of their previous Fire Prevention Week campaign, "Fire Drills: The Great Escape!" POC: Matt Mackay, 384-3132. (APVR-RPW-FP)

17. DOMESTIC VIOLENCE AWARENESS MONTH.

This year's theme is "Support Your Neighbor: Domestic Violence is Not a Private Matter." Soldiers, family members, and the community need to understand the seriousness of domestic violence—that it is not an acceptable behavior. Learn about identifying the signs and prevention. Participate in the Domestic Violence Awareness events sponsored by the Family Advocacy Program (FAP). POC: FAP, 384-7502/1006. (APVR-RCA)


 **Brown Bag Video**—"Happy Parenting," on **10 Oct**, from 1145 to 1245, in Bldg 337, in the FAP Library.


 **Information Booth**—On **11 Oct**, in the Child Development Center, Bldg 6, from 1600 to 1800.

 **Presentation**—"Victims: They Too Have Rights," on **12 Oct**, from 1100 to 1200, in Bldg 337, Rm 21.

 **Information Booth**—On **13 and 14 Oct**, in the Joint Military Mall, from 0900 to 1900.

 **Brown Bag Video**—"7 Principles of a Healthy Marriage," on **17 Oct**, from 1145 to 1245, in Bldg 337, in the FAP Library.


 **Information Booth**—On **18 Oct**, in the Child Development Center, Bldg 6, from 0900 to 1130.


 **Brown Bag Video**—"The Kids are Watching," on **24 Oct**, from 1145 to 1245, in Bldg 337, in the FAP Library.

 **"Celebrate Families" Ice Cream Social**—On **25 Oct**, in Bldg 297, from 1900 to 2100.

 **Youth Services Anti-Violence Vigil**—On **26 Oct**, at Bldg 297, from 1830 to 2030.

 **Teen Dance and Violence Awareness**—On **26 Oct**, in Bldg 297, from 2030 to 2245.

 **Domestic Violence Training**—For command and local leadership, on **26 Oct**, locations to be announced, from 1100 to 1300.

 **Brown Bag Video**—"Exceptional Family Members," on **31 Oct**, from 1145 to 1245, in Bldg 337, in the FAP Library.

18. FRA RED RIBBON CELEBRATION. It's time again for the Red Ribbon Celebration! This year it will be held from **19 to 31 Oct**. This year's theme is "Freedom is Drug Free." Red Ribbon's objective is to promote awareness of the harmful effects of substance abuse through drug and alcohol prevention, education, parental involvement, and community-wide support. Drug abuse continues to stand as one of the major challenges our communities face in securing a safe and healthy future for our children. Red Ribbon Week originated following the murder of the U.S. Drug Enforcement Administration Agent Enrique Camarena by drug traffickers in Feb 85. The Red Ribbon became a symbol to eliminate the demand for drugs and to stop the violence and destruction cause by alcohol and other drugs. The Red Ribbon Celebration provides a time to emphasize the positive aspects of drug-free lives and communities. The celebration is also a time for renewal and rededication to the best that is in us all. Celebrate the events listed below during Red Ribbon 2001 and help us encourage youth and adults to live healthy, drug-free lives. Red Ribbon is sponsored by the Center for Substance Abuse Programs. POC: Center for Substance Abuse Programs, 384-1411. (APVR-RCA)

 **Red Ribbon Preseason Basketball Tournament**—From **11 to 19 Oct** at Buckner Physical Fitness Center. Please call 384-1304/6.

- 🌀 **Red Ribbon Kickoff March**—On **19 Oct**, at Ursa Major and Ursa Minor schools, beginning at 1330.
- 🌀 **Red Ribbon Youth Services 3-on-3 Basketball**—On **19 Oct**, at Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services 5-on-5 Basketball**—On **20 Oct**, at Bldg 297, beginning at 1500.
- 🌀 **Red Ribbon Briefing**—“*Talking with Youth about Drugs*,” on **22 Oct**, in the Post Theater (Bldg 2), from 1400 to 1500.
- 🌀 **Red Ribbon Youth Services 3-on-3 Girls’ Basketball**—On **22 Oct**, at Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services Parent and Youth Crafts**—On **23 Oct**, in Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services Skating**—On **24 Oct**, in Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services Wacky Obstacle Course**—On **25 Oct**, in Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services 5 and 6th Grade Dance**—On **26 Oct**, in Bldg 297, from 1800 to 2015.
- 🌀 **Red Ribbon Family Pool Party**—On **26 Oct**, at Buckner Physical Fitness Center pool, from 1900 to 2130.
- 🌀 **Red Ribbon Youth Services Parent and Youth Crafts**—On **27 Oct**, in Bldg 297, beginning at 1500.
- 🌀 **Red Ribbon Youth Services 5-on-5 Basketball**—On **29 Oct**, at Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services Halloween Carnival/Costume Contest**—On **31 Oct**, in Bldg 297, from 1600 to 1800.
- 🌀 **Red Ribbon Youth Services Haunted House**—On **31 Oct**, at Bldg 297, from 1600 to 1900.

19. SEWARD RESORT. Visit Seward Resort for a quiet, weekend get away. Take a boat cruise, visit Exit Glacier, climb Mount Marathon, or watch football on the large screen TV, as you cuddle by the fireplace. During Oct, we are offering a *Hot Lodging Special*—stay for 2 nights and receive the 3d night FREE. Winter rates run through 30 Apr. Per-night motel units are \$50.00, standard townhouses are \$75.00, deluxe townhouses (with fireplace) are \$100.00, and the log cabin (with hot tub) is \$100.00. You can rent Seabolt Hall for \$125.00 per day for just the hall or for \$250.00 per day for the hall and set up. Please make reservations. Lodging reservations for the town of Seward (with a military discount) also can be made through Seward Resort. Plan ahead—we are now taking reservations for spring of 2002.

POC: Seward Resort, (907) 224-2654/2659 or leave message at 1-800-770-1858. (APVR-RCA)

20. DOWN UNDER LOUNGE. Join us in the basement of Bldg 655. Please call for information on any of the events listed below. POC: Mary, 384-7619. (APVR-RCA)

- 🍷 **Monday Night Football**—The doors open at 1600. Snacks are available. We have a big-screen TV and multiple other TVs.
- 🍷 **Game Night**—New at the lounge. Game Night will be held on **18 Oct**. There will be pool, dominoes, and spades.
- 🍷 **Country Night**—Will be held on **20 Oct**, beginning at 2100. There will be a \$5.00 cover charge if there is a live band.

21. DYEA SKI RENTAL. We open on **18 Oct**. Dyea Ski Rental has a snack bar, video games, a great sledding hill, a beginning ski hill, and groomed, cross-country, ski trails. Now is the time to rent your seasonal, down hill and cross-country ski packages. Other daily rentals include snowboards (board only), skate skis, ice skates, inner tubes for sledding, snowshoes, and ice augers. Watch for upcoming ski school lessons in Nov. We are on Dyea Street, in Bldg 470. We’re open from Thu through Mon from 1100 until 1900. We are closed on Tue and Wed. POC: Dyea Ski Rental, 384-2960/1475. (APVR-RCA)

22. OUTDOOR RECREATION CENTER. We are in Bldg 794 and our hours are Mon through Fri, from 0730 until 1630. Winter rentals include snowmachines, ice-fishing equipment, cabin rental, RV storage, and more. Give us a call or stop by. POC: Outdoor Recreation Center, 384-1475/6. (APVR-RCA)

23. HOMECHOICE SEMINAR. Alaska Housing Finance Corps will present a HomeChoice Seminar on **6 Oct**, from 0800 until 1700, at 4300 Boniface Parkway. *You must preregister.* POC: Alaska Housing Finance Corps, 330-8437 or E-mail, www.ahfc.state.ak.us.

24. CIVILIAN ALCOHOL EDUCATION EMPLOYEE TRAINING. Attend training on **5 Oct**, in the basement of Bldg 1113, from 1000 until 1130. Can you tell if someone you know has a drinking problem? What if it is a family member? Where can I go for help? What can I do to help the person? POC: Aaron, 384-1411. (APVR-RCA)

25. YOUTH SPORTS. Help support our youth! For more information, please call the telephone numbers shown beside the events below. (APVR-RCA)

🏈 **NIKE SWOOSH Club**—Members wanted! We are looking for members to participate in the

Nike Swoosh Club. Nike Swoosh Clubs are teen leadership groups that provide physical fitness, interest in sports, and the potential for athletics-related careers as held in Boys and Girls Clubs and military installations across the U.S. Nike Swoosh Clubs enroll males and females ages 13 and older. Members meet regularly to learn about sports and fitness-related issues, both inside and outside their respective clubs. Teen leaders are trained to coach, officiate, keep score books and clock, and conduct and assist staff with sports clinics and camps. Nike Swoosh Club members who complete at least 25 volunteer hours are eligible to attend a Nike Sports Leadership Camp held annually in a different U.S. location. Please call 384-1508/16 to become a member or stop by Bldg 297 to talk with the sports staff about the program.

✎ **Volunteer Basketball Coaches Wanted**—Basketball coaches are needed for the upcoming season. We will train you, certify you, and provide you with all the required equipment and supplies that you need to become a qualified, youth coach. Youth Services is a member of the National Youth Sports Coaches Association (NYSCA). Please call 384-1516 to volunteer. "We do it for the Kids."

✎ **Youth Basketball Officials Wanted**—The Youth Services Sports and Fitness Program is looking for youth basketball officials to officiate at basketball games for the 2001/2002 season. We are authorized to certify youth ages 13 and older to become Youth Sports Officials and become members of the National Youth Sports Officials Association (NYSOA). The program will train youth volunteer officials and provide them with detailed information on the skills, fundamentals, and common program areas of officiating. For further information about the program or to sign-up to become a certified, sports official please call Jerry Washington at 384-1516.

26. ADULT SPORTS. Please call for more information on any of the events listed below. Buckner Physical Fitness Center is in Bldg 690 POC: Buckner Physical Fitness Center, 384-1304/6. (APVR-RCA)

✎ **Post Wrestling Meet (Men Only)**—The sign-up deadline is 5 Oct. Weigh in is on 8 Oct, from 1600 to 1630. The competition date is **9 Oct**, beginning at 1900.

✎ **Pre-Season Basketball Tournament (Men and Women)**—The roster deadline 8 Oct. There will be an organizational meeting on 10 Oct, at 1300. The type of play is double elimination. The competition dates are from **11 to 19 Oct**.

✎ **Intramural Indoor Soccer (Joint)**—The roster deadline is 19 Oct. There will be an organizational meeting on 23 Oct, at 1300. The competition dates are from **26 Oct to 12 Apr**.

✎ **Post Swim Meet (Men and Women)**—The roster deadline is 18 Oct. Registration will be held on 24 Oct, from 1800 to 2100. There will be an organizational meeting 2 Oct, at 1330. Military units and family members 16 years and older are eligible. The meet date is **8 Nov**, beginning at 1730.

27. EDUCATION OPPORTUNITIES. The Education Center is in Bldg 658 (Kiska Hall) and is open Mon through Fri from 0730 until 1700 except on Thu when they open at 1100. No appointments are necessary. Please call the friendly folks at the Education Center for more information. POC: Education Center, 384-0970. (APVR-RCA)

📖 **Receive College Credits for your Military Training**—Promotion board coming up? Want to get credit for your military training? If so, you should contact the Education Center as soon as possible to start the process for having your military training and experience converted to college credit. It takes time to get an official evaluation completed so it is never too soon to get started. Remember that you must have taken one or two classes, depending on the college or university, to request an official evaluation. The additional promotion points could make the difference in getting that next stripe.

📖 **Receive Promotion Points for Passing College Level Examination Program (CLEP) Tests and DANTES Subject Standardized Tests (DSST)**—Remember that you may obtain promotion points for passing CLEP tests and DSST. There are over 70 tests available FREE to soldiers. Each test carries from 3 to 6 semester-hour credits. Sample tests and information pamphlets, as well as study guides and materials are available at the Learning Center.

📖 **Deadline Approaches to Convert from Veterans Education Assistant Program (VEAP) to Montgomery GI Bill (MGIB)**—A reminder that the deadline for converting from the VEAP to the MGIB is **31 Oct**. Don't miss out on this opportunity to increase your Veterans' Administration educational benefits.

28. FROM YOUR FRIENDS AT THE POST LIBRARY. The Post Library is now in Bldg 5. Some of the services they offer are listed below. POC: Post Library, 384-1640. (APVR-RCA)

- Eight Computers
- Printers and Copiers
- Microfiche Reader and
- Updated, Online

Printer

- Dedicated Telephone Line

- Magazines and Newspapers

- Current Bestsellers

- Over 45,000 Books

- Books on Tape

Databases

- Large Children's Section

- One-for-One Paperback Swap

- Interlibrary Loan Service

- Video Tapes

- Compact Discs

29. CRAFTS CENTER. The Crafts Center, in Bldg 755, will be *closed 11 Oct*. Please call for reservations or to get a class list. POC: Crafts Center, 384-3717/9. (APVR-RCA)

✱ **Ceramic Classes**—On **5 Oct**, bronzing. On **18 Oct**, drybrushing, airbrushing, and animals/scenes. Please call Peggy Bertrand at 384-3419.

✱ **Pick and Paint**—On **6 and 20 Oct**, from 1400 to 1700.

✱ **Kids' Day Halloween**—On **13 Oct**, from 1400 until 1700.

✱ **Wood Shop Class "The Table Saw"**—On **12 Oct** beginning at 1900. You must attend safety class before attendance. Safety classes are held every Thu at 1900 and every Sat at 1030.

✱ **Basic Matting and Frame Classes**—On **18 and 25 Oct** at 1800 and on **20 Oct** at 1000. The cost is \$30.00.

✱ **Customer Create Help Day**—On **18 Oct**, from 1400 to 1700.

✱ **Pouring Certification Class**—On **26 Oct**, from 1800 to 2100

30. GET TO KNOW YOUR ARMY COMMUNITY SERVICE (ACS) PROGRAM. The second information exchange workshop is on **12 Oct**, in Bldg 337, at 1100. The "Get to Know Your ACS" program is designed to assist the senior NCO chain on the preferred and proper method for referrals and identification of problem areas of soldiers and family members. This is a great opportunity to let them tell us what they want and need from ACS, as well as our opportunity to tell them what we can do for them. The presenter will be Pascal Lambert, FAP Manager. Please call the number listed beside the events below for more information. POC: Army Community Service, 384-1517/8. (APVR-RCA)

👤 **Family Child Care (FCC) Parent Orientation**—On **5 Oct**, from 1145 until 1245, in Bldg 337, Rm 9, for new FCC enrollments. *Child care is not provided*. Please call 384-1500 for information.

👤 **FCC Provider Pre-Orientation**—On **5 Oct**, in Bldg 337, Rm 9, from 1530 until 1630. All provider applicants who plan to attend the FCC

Provider Training from 10 to 16 Oct, are required to attend this pre-orientation. *Child care is not provided*. For additional information and reservations, please call 384-1500.

👤 **New Parent and Youth Orientations**—On **6 and 20 Oct**, in Bldg 297, beginning at 1300 or call Tom Dinkins, 384-1508, to schedule an alternate time.

👤 **Parent Advisory Support Council (PASC) Meeting**—On **10 Oct** for all Child and Youth Services and School Age Services parents, in Bldg 337, Rm 9, from 1145 until 1300. *Lunch is provided*. Come be a voice for our children. FREE child care is now available (24-hour notice required), please call 384-7483.

👤 **Army Family Team Building Level II**—On **10 and 11 Oct** in Bldg 1, the Goldmine Rm, from 0900 until 1500. *RSVP for child care*. Please call Wendy Newman at 384-1513.

👤 **1-2-3 Magic**—On **10 and 17 Oct**, from 1300 to 1500 or from 1830 to 2030, in Bldg 337, in the FAP Library. *Pre-registration is required*. Please call Carol McGuffee, 384-7502/8.

👤 **Part Day Program (PDP) Parent Orientations**—On **10 and 24 Oct**, in Bldg 337, Rm 9, beginning at 0930 for new PDP enrollments. PDP is a NAEYC-accredited program. For child care, please call 384-1510.

👤 **OB/GYN Orientations**—On **10, 17, 24, and 31 Oct**, at Elmendorf AFB Hospital, starting at 0800. You will learn about the FRA Families First Program and professionals provide assistance and parenting hints. Please call Carol McGuffee at 384-7508. *Reservations are required; please call 580-1401*.

👤 **Children's Aqua Play (6 months to 5 years)**—On **10, 17, 24, and 31 Oct**, at the Buckner Physical Fitness Center Pool, from 0930 to 1100. "Come swim and play with your children." Please call Carol McGuffee at 384-7508.


👤 **Food Allergy Parent Support Group Meeting**—Meets **11 Oct**, in Bldg 337, from 1800 to 2000. Please call Monica Byrd at 384-0225 for more information.


👤 **Knitting Classes**—On **11, 18, and 24 Oct**, in Bldg 337, Rm 20, from 1900 to 2100. Call 384-1517.


👤 **Single Parent Support Group**—Meets on **11 and 25 Oct**, from 1300 to 1500, in Bldg 337, in the FAP Library. *Pre-registration is required*. Please call Carol McGuffee at 384-7502/8.


👤 **Hot! Spouses Day Out**—Being held on **11 and 25 Oct**. FREE craft classes for military spouses in Bldg 337, from 0930 to 1130. You can sign up


at FRA YMCA office or call Teri Graham at 384-9622 to reserve your slot. Come out, meet new friends, and learn new crafts and hobbies. If you are talented in a particular craft and would like to volunteer to come out and teach one of the classes, please call Teri.


 **Quilting Class**—On **13 Oct**, in Bldg 337, Rm 20, from, 0900 until 1400. Please call Karen at 384-1517.


 **HOT! Parent Conferences**—Conferences are being held from **15 to 19 Oct** for the CDC (Bldg 6). Sign up with the classroom teacher for appointments throughout the week.

 **Scrap Booking Classes**—Held on **15, 22, and 29 Oct**, in Bldg 337, Rm 20, from 1730 until 2130. Get those photos organized! Please call Karen at 384-1517.

 **Nutritional Cooking Classes**—On **15, 22, and 29 Oct**, in Bldg 337, Rm 20, from 1400 until 1600. Learn nutritional ways to stretch your budget. Get "hands-on" experience in preparing tasty, healthy meals. *Registration is required.* Please call Karen at 384-1517.


 **Positive Discipline**—On **16 Oct**, from 1300 to 1500 or from 1830 to 2030, in Bldg 337, in the FAP Library. *Pre-registration is required.* Please call Carol McGuffee, 384-7502/8.

 **Child Development Center (CDC) Parent Orientation**—On **17 Oct**, in Bldg 6, from 0900 to 1000 for new CDC enrollments. CDC is a NAEYC-accredited program. Please call 384-0686.

 **Newcomers Orientation, Info Fair, and Bus Tour**—On **17 and 18 Oct**, in Bldg 337, Rm 21. Orientation and Info Fair run from 0900 to 1500. There is a complimentary lunch at 1130. For active-duty soldiers and their family members. Please call 384-1517.


 **Family Readiness Group**—On **23 Oct**, in Bldg 337, from 1300 to 1500. Please call 384-1517.


 **HOT! Fall Harvest Festival**—On **26 Oct** at the CDC in Bldg 6. Come and join with CDC for an afternoon of fun-filled activities. The festivities start at 1500.


 **Exceptional Family Member Program**—If you have, or are an exceptional family member and would like to talk with families who have had similar experiences, come be a part of the support network. Signing up for the network is voluntary and the benefits are great. Please call Monica Byrd at 384-0225.


 **Family Subsistence Supplemental Allowance and Army Emergency Relief**—To see if you


qualify, visit Army Community Service or call SSG Green at 384-7478.

 **Women, Infants, and Children (WIC) Program**—We are in Bldg 337, Rm 20 and we are open Mon through Fri from 0800 until 1200 and again from 1300 until 1700. Stop by and see if you are eligible for WIC services (free daily products, juice, cheese, and cereals, nutritional information, and loaner breast pumps). Please call David Brown or Amy Van Splunder at 384-2033.

 **FCC Providers Needed**—For infant and toddler subsidized homes to operate between 0600 and 1800. Part time and hourly care homes are also needed. Stop by the FCC office, in Bldg 337, Rm 8 to pick up an application. *Child care is provided during FCC training classes on a first-come-first-served basis. A 40-hour provider training class will be held from 10 to 16 Oct.* Please call 384-1500 for more information.


 **Community Romp' N Stomp (Indoor Children's Gym)**—For children up to school age. The program is available to registered parents **every Tue and Thu**, in Bldg 337, from 1330 to 1500.

 **FCC Romp' N Stomp**—Available for FCC providers **every Tue and Thu**, from 1000 to 1130. *Reservations are required.* For information on how to register or to make reservations for the program, please call Central Registration at 384-7483.


 **Pooh's Play Group (infants to age 5)**—**Every Tue and Fri**, in Bldg 337, Rm 20, from 0930 to 1100. Make new friends while your children play with their children. A FREE is snack provided. Call Karen at 384-1517 or Carol at 384-7508.


31. THRIFT SAVINGS PLAN OPEN. The Thrift Saving Plan will be open from **9 Oct through 8 Dec** for uniform services. POC: ACS or SSG Green, 384-7478. (APVR-RCA)


32. CENTRAL REGISTRATION OFFICE. Our office is in Bldg 337, Rm 7. We're open Mon through Fri, from 0800 until 1700. There is an annual administrative fee of \$15.00 per child, with a maximum fee of \$35.00 per family, which is payable at the time of registration. Call the telephone number listed beside the events listed below for more information. POC: Central Registration Office, 384-7483. (APVR-RCA)


 **Part Day Program**—In Bldg 337. The Part Day Program offers a variety of early childhood education programs for children of preschool age. Preschool options include Toddler Time for 2-year olds and a variety of


3-hour, 5-hour, and 9-hour classes for 3- to 5-year olds. A before- and after-school kindergarten program is available. For information on space availability, please call the Central Registration Office at 384-7483.

 **School Age Services Before and After School Care**—In Bldg 297. *SAS will operate on a full-day schedule 26 Oct (school in-service day), from 0600 to 1730.* The program operates Mon through Fri. The Before School Program operates from 0600 to 0900 and includes breakfast. The After School Program operates from 1530 to 1730 and includes an afternoon snack. Parents have the option of enrolling in the one or both programs. Fees are based on Total Family Income. To enroll you must schedule with the Central Registration Office at 384-7483.

 **Computer Lab and Tutor**—In Bldg 297. The Computer Lab and Tutor are available to assist your child. Please call 384-1508 for more information.

 **USDA Food Program**—Child and Youth Services is pleased to announce its participation in the USDA Food Program for all participants in any of the Child and Youth Services programs. This includes the Child Development Center, Part Day Programs Preschool, Hourly Care, and School Age Services, and all FCC homes on FRA. All participants of these programs regardless of race, color, national origin, sex, age, or disability will receive breakfast, lunch, and an afternoon snack FREE of charge if they are in the program at the time of the meal service. Any individual who believes that he/she has been discriminated against should immediately write to the USDA Director, Office of Civil Rights, Room 326 W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

 **FCC Hourly Care**—Child care is offered by in-home, child care providers for children 6 weeks to 12 years of age. A fee of \$2.00 per child is charged for each hour of care provided. Children must be fully registered through the Central Registration Office at 384-7483.

 **Part Day Program Hourly Care**—Child care for children 6 weeks to 12 years, is available in the Part Day Program, in Bldg 337, from 0800 to 1630, at \$3.00 per hour for each child. *Reservations are required and may be taken up to 2 weeks in advance, call 384-1510.* Usage is now limited to 5 hours per day maximum with 25 hours per month maximum limit.

33. "THRILLER CHILLER" WINTER ORIENTATION RESCHEDULED. Attend a winter orientation on **16 Oct**, at the Post Theater (Bldg 2), from 0900 until 1200 and again from 1800 until 2100. Living in Alaska is a unique and enjoyable experience. ACS will present Thriller Chiller, the annual winter orientation, in a new, exciting format for all FRA residents. Enjoy and learn about Alaskan winters by attending one of these presentations. Presenters will give vital information regarding this fantastic, northern environment and how to get through this coming winter healthily, safely, productively, and happily. Be prepared for the winter months ahead in this arctic climate. Winter topics will include children, winter clothing, Seasonal Affective Disorder (SAD), combating cabin fever, social services, winterizing vehicles, winter driving, fire safety and winter safety, winter activities and unique events, fun in the snow, pets, and much more. There will be a fashion show presented by AAFES that features beautiful winter clothing and accessories to keep you safe, warm, and stylish throughout the coming season. Please call for more information. POC: Army Community Service, 384-1517/8. (APVR-RCA)

34. HOME BUYING SEMINAR. Elmendorf AFB Housing Flight is proud to offer a home-purchasing seminar at the Housing Office, at 6346 Arctic Warrior Drive, on Elmendorf AFB. It will be held on **15 Oct**, at 1300. Call early for reservations, seating is limited. POC: Elmendorf AFB Housing Flight, 552-4328.

FOR THE COMMANDER:

5 October 2001

OFFICIAL:

PETER J. MULCAHY
LTC, SC
Post Commander



RODNEY V. PFALZER
CPT, AG
Administrative Officer, DOIM

DISTRIBUTION

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35. BOXING SMOKER RESCHEDULED. On 1 Nov, at 1900, be sure you don't miss the *1-501st PIR Boxing Smoker* at Buckner Physical Fitness Center

(Bldg 690). POC: Buckner Physical Fitness Center, 384-1304/6. (APVR-RCA)

Training Area and Range Closures

Training Area Closures

Date	Time	Range	Unit
6-12 Oct	0001-2400	2A	1-501st PIR/Trp Tng
6-7 Oct	0001-2400	3, 4, 6B, 7B	NCOA/Trp Tng
6 Oct	0920-1700	1A	1-501st PIR/Trp Tng
6 Oct	1100-2300	7A	USMC/Trp Tng
9-10 Oct	0700-1800	MOUT Site	164th MP Co/Trp Tng
9 Oct	1230-1630	MMDZ	3d OSS/Paradrop
9 Oct	1300-1430	MMDZ	210th RQS/Paradrop
9 Oct	2000-2300	MMDZ	1-501st PIR/Paradrop
9 Oct	2005-2135	MMDZ	144th AS/Paradrop
10-12 Oct	0001-2400	8A	1-501st PIR/Trp Tng
10-11 Oct	1700-2400	Bivouac Site	1-501st PIR/Trp Tng
10 Oct	1300-1430	MMDZ	210th RQS/Paradrop
10 Oct	1500-1630	MMDZ	3d OSS/Paradrop
10 Oct	1930-2330	MMDZ	3d OSS/Paradrop
10 Oct	2000-2100	MMDZ	210th RQS/Paradrop
11 Oct	1200-1630	MMDZ	3d OSS/Paradrop
11 Oct	1300-1430	MMDZ	210th RQS/Paradrop
11 Oct	1915-2135	MMDZ	144th RQS/Paradrop
11 Oct	1930-2330	MMDZ	3d OSS/Paradrop
12 Oct	1300-1600	MMDZ	3d OSS/Paradrop

Range Closures

Date	Time	Range	Unit
6-7 Oct	1000-1700	Sports Fire	Off-Duty Personnel
8-12 Oct	1200-1700	Zero Annex	3d SFS/Live Fire
9-10 Oct	0900-2400	Grezelka Complex	1-501st PIR/Live Fire
10-11 Oct	0900-2400	Record	1-501st PIR/Live Fire
10 Oct	0900-1700	Zero	1-501st PIR/Live Fire
11-12 Oct	0900-2200	Grezelka Complex	1-501st PIR/Live Fire
12 Oct	0900-2200	Record	1-501st PIR/Live Fire

Crisis Contact List

This is a list of services important to you in a crisis. Cut it out and post on your refrigerator or put it in your address book for future reference.

EMERGENCY SERVICES

24- hour service and assistance

<u>Military Police</u>	384-0823
Crisis intervention, report of crime, enforcement	
<u>Anchorage Police Department</u>	911
Crisis intervention, report of crime, enforcement	786-8900
<u>Elmendorf Hospital Emergency Room</u>	580-5555
<u>Army Emergency Relief</u>	384-7478
Emergency financial assistance for food, rent, utilities, and other essentials	
<u>Fort Richardson Family Advocacy Clinic</u>	384-0405
Crisis intervention, marriage counseling, counseling, referrals	
Call Military Police desk after hours	384-0823
<u>Fort Richardson Chaplains</u>	440-0160
Marriage counseling, counseling, crisis	384-1461
Intervention, assistance, and referral	
Call Military Police desk after hours	384-0823
<u>Division of Family & Youth Services</u>	(800) 478-4444
Reporting of child abuse and neglect	269-4000
<u>Suicide Hotline</u>	563-3200
<u>AWAIC Abused Women's Aid in Crisis</u>	276-9581
Counseling, Support, Food & Shelter Crisis line	272-0100
<u>STAR Stand Together Against Rape</u>	276-7279
Counseling, crisis intervention Crisis line	276-7273
<u>Intermission Crisis Nursery</u>	276-8511
Crisis child care placement	
<u>Temporary Protection Order Info</u>	264-0514
24-hour magistrate available	264-0481

RESOURCES

Services by walk-in and appointment.

<u>Army Community Service (ACS)</u>	384-1517
Information and referral, relocation, budget counseling, Army Family Team Building, Family Readiness, employment, loan closet	
<u>Family Advocacy Program</u>	384-7507/2
Parenting education and support	
Home visitation services and support	
Single parents support	
Information/referral, victim advocacy	
Anger and stress management	
Marriage enrichment and retreats	
Conflict resolution and assertiveness training	
Self-esteem building	
Command and troop training	
<u>Women Infants and Children (WIC)</u>	384-2033
Nutritional education and assistance for pregnant mothers and children up to 5 years of age	
<u>Division of Public Assistance</u>	269-3666
Food Stamps, Medicaid, child care assistance, supplemental services	